

Summer Activity Guide

Junction City Area 2013



**A Publication of Tribune News and the
Junction City Community Services Department**

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Junction City Community Services Department Sites



Department Director,
Melissa Bowers 541.998.4767

JC3 (Junction City Community Center) 175 West 7th Avenue
541.998.4767 MWF 11am – 6pm



Junction City Public Library
726 Greenwood Street
Library Director,
Lynn Frost 541.998.8942



Parks Division
Parks Lead,
Rick McClintock



Viking Sal
245 W 5th Avenue
Viking Sal Program Lead,
Marcia Scalise 541.998.1556
(Offers a full Viking Sal Program Guide)



Max Strauss Seasonal Pool
1515 Laurel Street
Summer 541.998.3621
Pool Manager: Ryley McAlister

2013 Max Strauss Pool Schedule



Junction City Pool

1515 Laurel Street, Junction City, Oregon • Pool Phone (541) 998-3621
Off Season Phone (541) 998-4767 • www.junctioncityoregon.gov •

"Come spend your Summer with us!"

Summer 2013

Regular Season June 17th – August 30th

SCHEDULE

Monday – Friday

8:00am - 9:00am	High School Team/ Lap Swim (Mon. Tues. and Thurs.)
9:00am - 10:30am	Junior Swim Team
10:30am - 12:00pm	Morning Swim Lessons
12:00pm - 4:00pm	Recreational Swim
4:00pm - 5:00pm	Low Impact Exercise/ Specialty Classes
5:00pm - 6:00pm	High Impact Exercise / Lap Swim
6:00pm - 7:30pm	Evening Swim Lessons
7:30pm - 9:00pm	Family Swim
9:00pm - 10:00pm	Teen Swim (Tues. Thurs. and Fri.)

Saturday - Sunday

12:00pm - 4:00pm	Recreational Swim
4:00pm - 6:00pm	Family Swim

DAILY ADMISSION	In JC / Out of JC
Child	2.00 / 2.50
Adult (over 17)	3.50 / 4.50
Senior (over 55)	1.50 / 2.50
Group (up to 5)	8.00 / 10.00
Additional	1.00 / 2.00

SUMMER PASS	In JC / Out of JC
Child	60.00 / 70.00
Adult (over 17)	75.00 / 80.00
Senior (over 55)	50.00 / 60.00
Group (up to 5)	85.00 / 100.00
<i>\$15/\$20 each additional member</i>	

Go to www.jcpoolpass2013.eventbrite.com to purchase season passes online with a credit card.

www.junctioncityoregon.gov > Departments & Services > Comm. Serv. Dept. > Aquatics

Max Strauss Pool Classes & Activities 541.998.3621

RECREATIONAL SWIM

Come visit us for Rec. Swim. All ages welcome, children under 7 must be accompanied by someone 14 or older. We have noodles, kickboards, lifejackets, basketball hoops, a diving board and great toys! If you get hungry stop by the office to see our selection of snacks for sale. Offered Mon. - Sat. 12-4pm.

FAMILY SWIM

Come enjoy this fun family atmosphere. Patrons younger than 18 years must be accompanied by an adult in swim attire. All other Rec. Swim rules and accommodations apply. Offered Mon. - Fri. 7:30-9pm and Sat. 4-6pm.

TEEN SWIM

Teens want to get out of the house? Join us for Teen swim. Only Teens allowed! Teen Swim is offered Tuesday, Thursday and Friday nights from 9-10pm.

JUNIOR SWIM TEAM

Junior Swim Team is for swimmers 14 years or younger who can swim at least one length of the pool without stopping. Season Pass and Swim Team Fee required. If a family has multiple swimmers the rate per swimmer decreases. Mon.-Fri. 9-10:30am.

Swimmer # 1	40.00 (1 st Swimmer)
Swimmer # 2	35.00 (2 nd Swimmer)
Swimmer # 3	30.00 (3 rd Swimmer)
Swimmer # 4	Free (4 th Swimmer)
Swimmer # 5	40.00 (5 th Swimmer)

HIGH SCHOOL SWIM TEAM

This program is for swimmers 14 years or older who would like to participate in a summer swim team. Swimmers will need to purchase a Season Pass and pay a Swim Team Fee of \$30 to participate. Offered Mon. Tues, & Fri. 8-9am. Coach: (volunteer)

SWIM LESSONS

Registration for Lessons begins June 10-14 from 3-6pm only, then June 17 during open hours at Pool office. Class sizes are limited; Payment is required to enroll. In Junction City limits \$35, Out of City \$40.

SESSION DATES

Session 1	June 24 – July 5 (note: no lessons July 4)	
Session 2	July 8 – July 19	
Session 3	July 21 – August 2	<i>No Lessons June 17th –21st</i>
Session 4	August 5 – August 16	<i>for instructor training.</i>
Session 5	August 19 – August 30	
AM & PM Sessions available.		

LAP SWIM

Lanes will be reserved for Lap Swimming Mon. Tues. & Thurs. 8-9am and Mon. - Fri. 5-6pm other classes are offered during this time. Up to 6 Swimmers per lane are allowed. Kickboards provided.

LOW IMPACT WATER EXERCISE

Our low impact exercise class focuses on providing a good workout that is low impact, specialized for individuals who have Arthritis or other joint pain. Water weights and water belts are provided. Offered Mon. - Fri. from 4-5pm.



Max Strauss Pool Classes & Activities 541.998.3621

HIGH IMPACT WATER EXERCISE

This is a fun, fast paced intense water exercise program led by a trained instructor. This program is designed to get your heart rate up, build muscles and burn some calories! Offered Mon.-Fri. 5-6pm.

AQUA ZUMBA

Aqua Zumba® is a safe, effective, and challenging water-based workout that integrates the Zumba formula and philosophy into traditional aqua fitness, moving against the resistance of the water. Come ready to get in the water and wear water shoes. Offered Wed. 8-9 am.



SPECIALTY CLASSES

STROKE CLINIC

The clinics are hour sessions that focus on one specific stroke or technique.

Times: 4-5pm

\$5 per day or \$20 for the whole week.

Dates: 7/1 Mon. Freestyle

7/2 Tues. Backstroke

7/3 Wed. Breaststroke

7/5 Fri. Butterfly

Will work on dives and turns the last 15 minutes of every day.



JUNIOR LIFEGUARD COURSE

Find out what it takes to become a great lifeguard with this junior lifeguarding course. 11 to 14 year olds will learn everything from lifesaving and leadership skills to fitness and professional development.

Times: Mon. – Fri. 4-5pm

Cost: \$60.00

Dates: 7/22 - 7/26, & 7/29 - 8/2

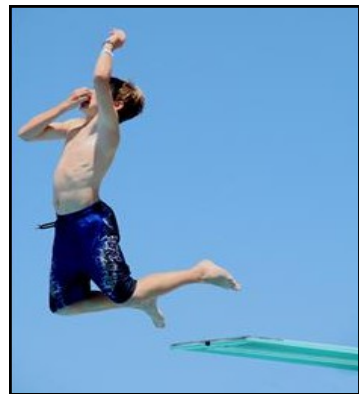
LIFEGUARDING COURSE

If you're 15 or older and looking for a great summer job or challenging career that's in demand, the Red Cross Lifeguarding program is the place to start. Through videos, group discussion and hands-on practice, you'll learn patron rescue and surveillance skills, first aid and CPR/AED. *Prerequisites: Must be at least 15 years old and pass certain swimming requirements. Course length: 30 – 37 hours; 2 year CPR/AED certification and 3 year Lifeguarding certification.*

Dates: 8/12-16, 8/17, 8/19-23, 8/24

Cost: \$65.00

Times: Mon. – Fri. 3-5pm, Sat. 11am-6pm



EVENTS

EARLY OPENING!!

We will be open for an after-school recreational swim 3-6pm, June 10th – June 14th. Normal rates apply.

SPLASH BASH

Come join us for our Community Pool Party! Lots of games, food and fun events. July 27th, Events 2:00pm-6:00pm Movie 9:00pm-10:30pm



MOVIE NIGHTS

Movies and Swimming! Bring the family and join us for our movie nights! Swimming is allowed during the movie. Snacks are available for sale.

Dates: 7/6 9:00-10:30pm

7/27 9:00-10:30pm (after Splash Bash)

8/10 9:30-10:30pm

8/24 9:30-10:30pm

Junction City Parks - Summer Recreation Hot Spots

Bailey Park

Acreage: 2.6 acres. East end of Bryant Street.

50' high Oak trees define the edge on the west and south boundary at the perimeter of an open lawn area with a pathway running through. A playground is located on the southeastern corner with two play structures and benches at its perimeter. The park includes two tennis courts and tot swings.



Tequendama Park

Acreage: 0.5 acres. Timothy So. off of W 6th.

Tequendama Park is located adjacent to Junction City High School. A bike/pedestrian path is located along the eastern boundary of the park. Additionally, two pathways extend to Shara Place and Saxon Place. A pathway also extends east from the park along the south side of the High School. The park includes playground equipment as well as a small basketball court.



Oak Meadows Park

Acreage: ~ 0.77 acres. Yew North of off W. 10th.

Oak Meadows Park was constructed as a part of a new subdivision development. The park includes play structure and basketball court with a path into and around the park space surrounding an open lawn area. The landscaping utilizes a wide range of plant species providing seasonal interests.



Laurel Park

Acreage: 1.45 acres. Laurel Park is located next to the Junction City Municipal Swimming Pool (Max Strauss Pool), and Laurel Elementary School at 14th and Kalmia. The park includes two shelter areas. The larger shelter structure has enclosed rooms on either side of an open court area. The smaller shelter structure is a gazebo and includes sink, electrical outlets and picnic tables. The gazebo is available for rent. If interested please contact the City Recorder at 541-998-2153 for rental.



Toftdahl Park

Acreage: ~ 0.87 acres. 15th and Laurel.

The park is surrounded by single family homes to the north, the Municipal Swimming Pool to the south, Dutch's field to the east and School District athletic fields to the west. The park is connected to 17th Avenue though a bike path. The park includes a play structure and basketball court.



Junction City Parks - Summer Recreation Hot Spots



Dutch's Field

Acreage: ~ 1.9 acres. 14th & Kalmia.

The field has bleachers, small press-box, electronic scoreboard and field lights for nighttime play. There is a parking lot between the field and the Max Strauss Pool to service the field as well as on-street parking. Dutch's Field is available for rent. If you are interested please contact the City Recorder at 541-998-2153.



Founders Park

Acreage: 0.25 acres.

Founders Park is located in the middle of downtown Junction City at 5th and Holly Streets. The park includes the 1905 Finnish locomotive #418. The park is used as a focal point for the City's annual Scandinavian Festival and provides a seating area and Veterans memorial placard.



Bergstrom Park

Acreage: 2.0 acres. 5th and Dorsa.

Bergstrom Park is surrounded by farmlands to the north and east. A bike path extends to Alder Street from the park providing an alternative access point. The park includes a small basketball court, play area updated in 2012 and a wall for tennis or wall ball.



Lyle Day Park

Acreage: 2 acres. Between 5th and 6th Avenues and Elm and Deal.

A pedestrian path meanders through the open lawn with pedestrian lights connecting the two streets. The park includes a tennis court, half basketball courts and playground equipment.



Raintree

Acreage: .5 acres. SW Pine and Kaylee

This neighborhood park features two play structures designed specifically for two age groups. The first for 2-5 yr olds and the second for 5-12 yr olds. These two play areas are separated by a recreational basketball court.



Junction City Skatepark

The Junction City Skatepark located in Laurel Park offers street style and ramp based skateboard opportunities for all skill levels in an open and visible park setting. The Junction City Skatepark was funded through community donations, community events, business contributions, individual donors, and grants. The Skatepark is available for rent. If you are interested please contact the City Recorder at 541.998.2153.

Camp Sunshine at JC3



Eight-1 week sessions 8:30a-5:30p * Grades K-8th * \$100 a week per Camper

Scholarships Available * Online registration forms * online credit card reg.

junctioncityoregon.gov > Depts. & Services > Community Services Dept. > Community Center > Camp Sunshine

Week 1: June 24-28

"Gold Rush"

Week 2: July 1-5

"Spirit of 1776"

Week 3: July 8-12

"Time Travelers"

Week 4: July 15-19

"Flavors of Fiesta"

Week 5: July 22-26

"Diggin' It Up (Dino's)"

Week 6: July 29-Aug 2

"Fun & Fitness"

(No Camp During Scandinavian Festival Week)

Week 7: Aug. 12-16

"Construction"

Week 8: Aug. 19-23

"Desert Oasis"



Campers enjoy a mixture of outdoor play, indoor activities, arts & crafts, healthy snacks, quiet times, physical activity, and games.

175 W. 7th Ave. Junction City * 541.998.4767

JC3 (Junction City Community Center)

TEEN CREW at JC3 541.998.4767

TEEN CREW

What do you like to do? Where would you like to visit? What would you like to learn? JC3 (JC Community Center) is looking for teens who would be interested in sharing their ideas. The JC3 Teen

Crew is looking for you! Call 541-998-4767

Volunteer Opportunities

Classes, Theme Parties

Outdoor Adventures

Learn New Skills

Show Up

Monday Nights

6-8:30pm

Bring A Friend

Volunteer Opportunities

**Help Raise Scholarship Money
for Youth Programming at the
JC Community Center**

Several opportunities:

- ~ Scandinavian Festival - wiping down tables and chairs
- ~ Scandinavian Festival - keeping the garbage off the streets
- ~ JC Light Parade - moving barricades and watching the parade

**These activities can also count toward any
community services hours that you may need.**

**Email communitycenter@ci.junction-city.or.us
for more information.**



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Fitness Classes at JC3 (JC Community Center) 541.998.4767

Tai Chi: Moving for Better Balance conducted by Oregon Research Institute

Participants attend class, twice weekly: learning and practicing a series of simple, slow, and rhythmical movements aimed at improving balance, strength and reducing the risk of falling. Participants must be: 1) 65 years of age or older, 2) able to engage in mild exercise without incurring medical problems, and 3) approved by a healthcare provider. People interested in participating may contact the research staff at Oregon Research Institute, (541) 434-1519, ask for the Community Tai Chi Project. Please note you may be waitlisted for the next session. Class held at the JC Community Center on Monday & Wednesday from 10:00-11:00 am. Classes are offered **free** of charge to enrolled program participants.



Zumba with Deb

This program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.

Date: Summer schedule:

Monday & Wednesday 5:30pm

Cost/Reg: \$5 per class, Drop In or Pay \$40 for 10 classes

Instructor: Deb Hargett. Open to ages 10+.



Zumba with Stacey

This program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.

Date: Summer schedule:

Friday Class 10:00 am

Cost/Reg: \$5 per class, Drop in or Pay \$40 for 10 classes

Instructor: Stacey Biegler Open to ages 10+



Friday Night Yoga

Flow Yoga is a form of Hatha yoga that synchronizes breath with movement. The level 1 class will explore asana (poses) including standing, seated, twists, backbends, inversions, and sun salutations.

Modifications will be offered. Class offered to those 18 and over. Bring Towel, water and mat.

Date: Fridays 6-7 pm **Cost/Reg:** \$5 per class, Drop in

Instructor: Susan Goldberg



Tai Chi with Machiko

Move, stretch, flow - you really have to try it! Tai-Chi is great for improving balance and preventing falls. The instructor, Machiko Shirai is a Gold Medalist in Tai-Chi. Class sessions are \$35 for each six week session.

Call for session dates.

Date: Tuesdays 3-4 pm

Cost/Reg: \$35 for six weeks

Instructor: Machiko Shirai

Call 541-998-4767 to register.



The Junction City Community Center (JC3) offers a wide variety of adult interest classes all based on interest shown by our local community. If you don't see something or have an idea you'd like to explore, let us know.

You can send an email to:

communitycenter@ci.junction-city.or.us

We'd like to hear from you.

Adult Self Defense with Master Martin

Learn to defend yourself with our easy-to-learn, yet effective program is great for anyone 16 years & over. Class taught by former World Championship competitor and master instructor Gary Martin.

Date: Tuesday & Thursdays, 7:00-8:00pm

Cost/Reg: \$89/mo.

Instructor: Gary Martin 541.321.2185



RENTALS at JC3 541.998.4767

RENTALS

Looking for a place to hold that Meeting?
Baby Shower? Fundraiser?
Special Class? Graduation Party?

You may want to consider the Junction City Community Center (JC3). With several options available, most events can be accommodated.

Call 541.998.4767 for more information.

Volunteer Opportunities

Have time and skills you'd like to share?
The Junction City Community Services Department may have what you are looking for.

Community Garden Helpers
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Adult Special Interest Programs at JC3 (JC Community Center)

English Today

(English-A Second language)

Learn English as used in everyday life! Adult Beginner Level starting June 20, 2013 and runs through August 1st. There will be no class on Thursday, July 4th.

Date: Thursdays 6:00-8:30 pm

Cost/Reg: \$50 for six sessions (Partial Scholarships Available)

Sign up at JC Community Center 541.998.4767

Instructor: Nadine World



Voice Lessons

All ages taught, lessons designed around the student's needs and interests, including work on technique and songs. Colleen has an extensive background in performing and has studied singing for years.

Date: Fridays from 3:00 - 7:00 pm

Cost: \$10 per 1/2 hour

Registration: Call 541.968.2022 to schedule your lesson.

Activity Leader: Colleen Gaskill



Scrabble

Are you a word-a-holic? A recreational Scrabble group meets on Thursday afternoons 2-5pm. All skill levels are greatly encouraged to attend! Bring a friend or two with you! And the snacks are fantastic!

Date: Thursday afternoons 2-5 pm **Cost/Reg:** Free, Call 541.998.4767 to register

Activity Leader: JC Community Center (JC³) Volunteers



Senior Health Insurance Benefits Assistance (SHIBA)

The SHIBA program provides free counseling to people with Medicare. We can help you select a Medicare prescription drug plan, compare Medicare Advantage Plans, compare Medicare Supplement Plans, help you apply for Medicare Saving Programs, and help with Medicare Prescription Coverage.

Date: Every 1st & 3rd Tuesday, by appt.

Cost/Reg: Participation is Free, Call 541.998.4767 to schedule an appointment.

Service Leader: State of OR SHIBA Volunteers



AARP

Safe Driving Class

Refresh your skills and knowledge. Completion of this course may entitle you to a discount on your insurance premiums.

Students must pre-register by calling the Junction City Community Center at 541.998.4767. You now have the option of completing the course in one day or breaking up the class into two days.

Dates:

2 days - Tuesday, June 4 & 11 10:00am-4:30 pm

1 day - Thursday, November 14, 9:30am - 4:00pm

Cost/Reg:

\$14 paid to the instructor

To Register call the Community Center at 541.998.4767

Service Leader:

AARP Safe Driver Program



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JC Public Library Summer Reading Program

Programs take place at the Junction City Community Center

175 West 7th Avenue - Wednesdays at 12:30, FREE

- June 26 Music in Action - Rich Glauber, guitar sing-along
- July 3 Storyteller - Chris Leebrick
- July 10 Reading on Stilts - Tom Question
- July 17 Magic - Ricardo the Remarkable
- July 24 "Big Red" Day - Fire Trucks and Safety
- August 14 Birds of Prey - Cascade Raptor Center
- August 21 Mammals - with Zany Zoo

The Summer Reading Program is sponsored by Soroptimists International of Junction City, Oregon State Library, Friends of the Junction City Public Library, Education Together Foundation, and The Oregon College Savings Plan.



Junction City Public Library

726 Greenwood Street * 541.998.8942

Monday & Tuesday: Noon to 7:00 pm

Wednesday & Thursday: Noon to 6:00 pm

Saturday: 10 am to 3 pm

Enjoy the hot summer days with good books and good friends by participating in the annual reading and read-to-me club. Kids in School District 69 who live outside of town can have a free summer library card.

Kids - When you have read ten books, or when you have had ten books read to you, come to the library to select and keep a book of your own. Fill out another list, and get a free family day pass to the Max Strauss Pool.

Teens & Adults - When you have read twelve books come to the library and choose a book to keep from the Friends of the Junction City Public Library shelf. When you write three **Quick Reviews**, you will receive a free family day pass to the Max Strauss Pool. There will be **Summer Reading prizes** for three winners, drawn from the names who submit.

Borrowing from other Public Libraries in Lane County

Your Junction City Public Library card, provided it is in good standing, can be used at seven other public libraries in Lane County: Cottage Grove, Creswell, Florence, Mapleton, Oakridge, Springfield, and Veneta. Borrowers must observe the lending library's policies, including check out times and overdue fees. Borrowed items must be returned to their home library.

City Website: www.junctioncityoregon.gov Go to: Departments & Services > Public Library

Library Website: www.junction-city.plinkit.org

Viking Sal Senior Center 541.998.1556



245 WEST 5TH AVE. JUNCTION CITY

Center hours: Mon 8:30-2pm, Tue 8:30-3pm,
Wed 8:30-4pm, Th 8:30-4pm, Fri 8:30-2pm

Viking Sal Senior Center provides activities for area residents 55 and older in Leadership, Education, and Recreation, along with Assistance and Nutrition & Wellness. Activities are offered five days a week.

The Viking Sal's purpose is to serve as a community focal point on aging where older persons as individuals or in groups come together for services and activities, which enhance their involvement in and with the community.

The Center has a variety of lecture and creative opportunities, informational classes, trips, and social games for all ability levels.

A current full detail Program Guide outlining services and activities is available quarterly. Program Guide subscriptions mailed to your home are available for \$10 a year.

Viking Sal relies on community support to sustain its programs and services. Please call 541.998.1556 for more information on programs or volunteering.

Save the Date: Labor Day Luau

Labor Day Luau - 8/27

Come on board at Viking Sal as we set sail for a **Luau Lunch** including Pork Slider Sandwiches, Sweet Potato Chips, Hawaiian Slaw, Tropical Cake and beverage on **Tuesday, August 27 at 12 Noon. Tickets are \$4 and are available at Viking Sal.**



We will also have a great raffle with beautiful items matching our tropical theme. Raffle tickets will be sold prior to and at the lunch. Donations will also be accepted at the lunch. Start planning your stunning Hawaiian attire. What a great way to end the summer! Plan now to be our guest for this fun and delicious lunch! ***Mahalo! See you then!***



Save the Date: Big Hush Silent Auction

The Big Hush Silent Auction 11/10



Sunday, November 10, from 4-6 pm will be Viking Sal's Annual Big Hush Auction and Nosh. Advance tickets are \$15.

The Big Hush will be held at St. Helen Parish Hall this year with hundreds of items available for the progressive silent auction. This event is the biggest annual fundraiser for the Viking Sal. (A portion of funds raised are typically matched by a Grant from Thrivent Lutheran Financial.) If you value Viking Sal Senior Center as part of your community, please join us this Fall to support the services offered by Viking Sal.

JUNCTION CITY
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